

Dear Public Health Committee Members,

I am writing to
thank you for putting on your agenda for discussion: *H.B. No. 5266
(RAISED) AN ACT CONCERNING
MEDICAID COVERAGE FOR DIABETES PREVENTION AND SELF-MANAGEMENT EDUCATION SERVICES.

I am a Registered
Dietitian and Certified Diabetes Educator with over 30 years of caring
for
people with diabetes. It is unfortunate
that some of the most vulnerable citizens in the state, those on
Medicaid do
not have coverage of diabetes self-management education services or the
prevention
for diabetes programs offered throughout the state. I work with a
health care team that puts the
person with diabetes at the center of the team that consists of their
primary
care provider, endocrinologist if needed, nurse practitioners, and
registered
nurses and dietitians who are certified diabetes educators. We also
have available a social worker and
lifestyle modification coach.

We know our
American Diabetes Association Recognized Diabetes Education Program gets
results. In a recent review 82%
of our patients lowered their HbA1c by an average of about 2% within 6
months
after attending Diabetes Education. Diabetes Self-Management Education
is so
important to assist the patient with following through with their
management plan
prescribed by their provider, IE. taking
medications as ordered, injecting insulin correctly, appropriate dosing
of
insulin, home glucose monitoring, meal
planning, meeting exercise goals, healthy

copied with diabetes as a chronic life-long disease, understanding and recognizing acute and chronic complications of diabetes, the list goes on. Diabetes Educators are specially trained to coach patients to learning to live a healthy life without complications of diabetes. As we know the complications of diabetes including blindness, loss of limbs, heart disease, nerve damage and kidney disease can lead to a poor quality of life not to mention the health care financial burden.

For all of these reasons and those from others who are appearing before you on Wednesday, February 24, 2016 as well as other written testimony I am asking for your support and action for this bill. I appreciate your time and attention. If I can answer any of your questions or concerns, please feel free to contact me.

Regards,

Jean Kostak, M.S. , R.D., CD-N, CDE

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